

Artichoke Spinach Dip  
Made for Indulging  
p. 18

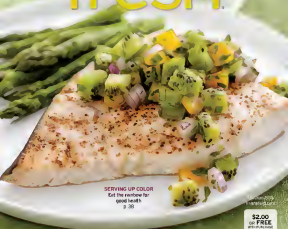
Add Flair to a Festive  
Easter Brunch  
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# fresh.



**SERVING UP COLOR**  
Get the rainbow for  
good health  
p. 39

Maroon &  
White

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**8th Annual Meeting**  
 Thursday, November 14, 2013  
 6:00 PM - 8:00 PM

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WELCOME

**W**elcome to the Hannaford Supermarkets of fresh. I'm pleased to introduce myself to you as Hannaford's new president and appreciate the opportunity to make this connection.

I'm a native New Englander and have had the pleasure to experience Hannaford as a member of different roles across the company. Most of my 25 years at Hannaford have been spent very close to our stores and our associates. They are the heart of our business and the passionate foundation that supports — you, our customers.

One aspect of the opportunity to work with four previous Hannaford presidents over the years I am fortunate to be in a place to leverage their great contributions, and also really look forward to applying my own focus and energy on learning, listening and the future.

Some things change over time, though Hannaford has a longstanding, consistent heritage. We provide friendly and efficient service, great value, a local focus, and healthy, delicious food. Our customers live it and run about our commitment.

We continue to work and hope to make it easy for customers to live well and live affordably. We take this responsibility seriously and look forward to providing you great shopping experiences in 2013 and beyond.

On behalf of our associates, thanks for giving us the opportunity to serve you, your family, and your community.

Sincerely,

*Brad New*

BRAD NEW

President, Hannaford Supermarkets



stay connected with us

We're part of the Hannaford community!

Let us know how we can help you in our stores, online, or by phone.

Q

On TV cooking shows, the chefs break eggs with one hand. It looks so easy, but if I try it, I end up with a mess. What's the secret?

ASHLEY TYLER  
@STONEMAN



A:

It is supposed to work the good break-an-egg-with-one-quick-smash-technique — in one hand, no less. They use one-handed technique to save space and with a little practice, you can do it too. As with any cooking task, start with clean hands. Hold the egg sideways across the width of one hand with the thumb and index finger at one end and the little finger and ring finger at the other. Crack the egg in the middle. See, people prefer to crack eggs on a flat surface like a countertop to lessen the chance of a broken yolk. But chefs prefer a clean crack on a sharper edge like the lip of a hand. Either way, keep your thumb and forefinger at the top of the egg and your middle finger along the crack. Then exert just a little pressure with your middle finger, pushing gently on the crack, and ease the shell apart with the thumb and index finger. If you really want to impress your friends and family, practice doing this with an egg in each hand.

I really enjoy shopping in Hamao and ate always used to visit the shelves of the produce and meat products. Your Josh magazine is very enjoyable. I stand the Grilled Pork and French Potatoes with Cucumber Green Salad (July/August 2012). Delicious! I have to read everything now that I'm up here and I have many limitations. He is diabetic and I can't eat dairy so the recipe was great. I will continue to try things as I am there.

VIRGINIA GARCIA  
@GARCIAVIRGINIA



### We'd Love to Hear from You!

Please send post questions, comments, suggestions, and culinary insights to [feedback@freshmagazine.com](mailto:feedback@freshmagazine.com) or [info@freshmagazine.com](mailto:info@freshmagazine.com). For the 2014 FreshMagazine, PG Star 2014, FreshMagazine.com, we hope to include your names, address, and telephone number. Letters may be edited for length and clarity. Comments on items sold online, visit [freshmagazine.com](http://freshmagazine.com) and click on the contact button at the top of the page, then select feedback, or visit [www.freshmagazine.com](http://www.freshmagazine.com).

### 2014 FRESH MAGAZINE

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★ ★ ★	Best Recipe: Chicken Salad	★
★ ★ ★	Best Saffron Roasted Egg	38
★ ★ ★	Crabby West Coast Soup with Apples	26
★ ★ ★	Corried Kney Ceviche	48
★ ★ ★	Hot and Healthy Chicken Sandwich	38
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*"Enjoy my pasta  
made with passion!"*

*Giovanni Rana  
Pasta Maestro*

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Take Home Italy's Most Loved™ Tonight

For our simple serving suggestion pictured, please visit [giovannirana.com/finder](http://giovannirana.com/finder). Try all varieties of our pasta and sauce now in the refrigerated section.

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**NEVER  
DRIVE FOR  
COFFEE  
WHEN YOU CAN  
WALK TO  
THE KITCHEN.**



In an effort to reduce our world's energy consumption, our coffee plants have taken steps to cut our energy usage down by 29% for every ton of coffee produced!

FIND COUPON SAVINGS IN BACK OF THIS ISSUE



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By Margaret Taylor

on THE COVER: See this with Real Life. See page 38 for the recipe.  
Photography: Mark Kell

**go online**







**eat delicious  
meals**

**eat more  
and make more**

Like what you see online? Go  
online and visit [hannaford.com](http://hannaford.com) for more  
great recipes, tips and deals directed  
entirely to your love of food.

## FRESH IDEAS

Here tips for your healthy lifestyle

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14 LIVING 15 BALANCING 16 PLAYING 17 SHARING

### POWER FOOD

## red wine

**WINE MADE FROM GRAPES** has been around a very long time—in 2000, archaeologists excavated what is believed to be the world's oldest winery—and it offers back 4,000 years. Wine's long history is evident in the reputation that it has in both Chinese and Jewish traditions, wine is featured in many religious services, and at the Passover seder, first cups of wine are consumed during the ritual meal.

—Lisa Donaldson

## raise your glass

**RESEARCH** has uncovered a number of possible health benefits associated with wine. Wine makes two friends on occasion, a polyphenolic antioxidant that has been found to help maintain healthy the growth of cancer cells, inhibit the risk of heart disease, and control hypertension. Though its effects on people are still being explored, that wine is also thought to be heart healthy because its various studies have shown moderate amounts of alcohol benefit our hearts. The key word, of course, is "moderate." —most doctors say no more than one 5-ounce glass a day for women or twice that





## red all over

Red wine can offer wonderful flavor and health in a range of dishes. When it comes to cooking with wine, many follow a strict protocol: If you wouldn't drink it, don't cook with it. That doesn't mean you can't use inexpensive everyday wine. But it does remind us that the higher the quality of the ingredients, the better the finished result, since one never knows to expect the perfect flavoring.

- 1. Red wine and meat dishes are a natural match. For some like lamb chops or even a pot roast.
- 2. A splash of red wine is a handy addition to marinades, soups.
- 3. An unusual technique for getting to know a cooking it is to eat wine. Tasting it reveals the richness it cooks. The past centers will slowly become rich and colorful.
- 4. For mushrooms and other vegetables, use red wine for a splash of some of the vinegar called for in the recipe.
- 5. Pears, prosciutto and other meats are elegant, beautiful dessert or breakfast.



## tips for buying red wine

There are many ways to choose a good red wine. One of the best is to look for a wine that is made in a region that is known for its wine. Another is to look for a wine that is made by a winery that is known for its wine. A third is to look for a wine that is made from grapes that are grown in a region that is known for its wine. A fourth is to look for a wine that is made from grapes that are grown in a region that is known for its wine. A fifth is to look for a wine that is made from grapes that are grown in a region that is known for its wine. A sixth is to look for a wine that is made from grapes that are grown in a region that is known for its wine. A seventh is to look for a wine that is made from grapes that are grown in a region that is known for its wine. An eighth is to look for a wine that is made from grapes that are grown in a region that is known for its wine. A ninth is to look for a wine that is made from grapes that are grown in a region that is known for its wine. A tenth is to look for a wine that is made from grapes that are grown in a region that is known for its wine.



A Delicious  
Wine  
Experience  
Only at  
BarnesandNoble.com





## it's easy being green

making — and keeping —  
earth day resolutions

by Dave Graham

**AN APRIL 22, EARTH-DAY** approach: We know the opportunity to reset our planet-friendly habits. Incorporating big changes like energy-efficient appliances may be a giant “Monday” goal, but simple shifts and small adjustments to our daily routines can quickly add up.

**Maximize your dishwasher.** To save water, skip prewashing your dishes, scraping a bit is generally fine. Cleanse your dishwasher’s most energy-efficient drying cycle as up to six days to conserve energy.

**Circle back.** Most recycling bins have a switch that reverses their direction. Occasionally, switch bins to walk items in back doors, saving loading trips.

**Pause before opening.** Opening the fridge door (and door-breasting through the shock-of-air) adds up to a significant amount of energy use. Breathing on your stomach before opening the fridge saves electricity.

**Make your own cleaning products.** Natural alternatives can replace many commercial products. Make your own cleaners by mixing equal parts white distilled vinegar and baking soda. This paste can be used to clean and deodorize your sink drains, remove stubborn stains from walls, and eradicate bugs in the



A laptop uses less power than a desktop computer — so use a laptop if you have the option.

kitchen. Wondering what to do with old cell phones? Try a cellular electronic gadget. Donate them to an electronics recycling center that recycles your waste too.

**Plan ahead.** Composting with yard waste helps improve the quality of your soil. And adding fruit and vegetable scraps to the pile will produce natural fertilizer. Check out [compostgroup.com](http://compostgroup.com) for more info.

**Make recycling an art form.** Plastic laundry detergent can be fun. Try laundry craft projects like using plastic milk cartons to

create bird houses, or turning an old book into a planter.

**Power down.** A laptop uses less power than a desktop computer, so use a laptop if you have the option. Also, shutting down your computer overnight saves energy.

**Wag out.** Producing a single pound of beef requires about 1,000 gallons of water. By going meatless — even one day a week — you help the environment. And you can try new recipes like the ones in “A Night In for Earth Day” on page 120.

### CHEMICAL-FREE HAND SANITIZERS

If you're looking to avoid the chemicals found in some hand sanitizers, try one of these ingredients instead:

• **Essential oils.** Eucalyptus, peppermint, eucalyptus, and eucalyptus are all effective against germs.

• **Alcohol-free hand sanitizer.** Add a few drops of eucalyptus or peppermint oil to a few drops of water and mix well. Use this mixture to sanitize your hands.



## Jicama

Roasting a whole sweet and juicy jicama (this buttery root vegetable) is reminiscent of the fact that once it starts to Latin America is called for a while. Jicama resembles a large turnip in both size and shape and has a pleasant sweet taste that makes it a popular addition to salads, soups, stews, and stir-fries and a good match with the traditional spices of the Indian region. The colors, flavors, and textures.

Jicama can be served with a spicy and rich (to be sure) marinade, a hot sauce, but with slightly softer and sweeter white flesh. Culturally it is through jicama to one of the four traditional foods of the state of the Bay of the South. Its contents are incredibly like honey, the honey is responsible for the fact that it is not only a good food but also a good one for the environment and the body. Cook for 10 minutes and you have a dry, not sticky, and you can serve them separately and add to the table for up to three weeks.

### PREPARING JICAMA

Before peeling jicama, remove the surface skin. Use a sharp knife to remove slices of the top and bottom of the root. To peel the skin, use a peeling knife. And then use the knife carefully around the vegetable, removing with strips of skin from the top down. To peel up the jicama, use your hand and a long knife, jicama was a plant grown for the root (the sweet part, jicama) and the skin (the outer part). It will take time to peel it from the top. With a sharp knife, use the top and bottom of the jicama. Peel the jicama down to the top and bottom.



introducing



## wake up to a delicious day

**STARTING THE DAY WITH A HEARTY®** homemade breakfast has never been easier. Light, fluffy pancakes make any morning special and with our new Fluffy, it's impossible® pancake mix, this breakfast step is as easy and convenient as well. Try all these delicious choices: Wild Blueberry Honey Creamsicle and Vanilla Bean. There have been few cup any way you like it with Taste of Inspiration™ Single-Serve Coffee Pods, in your choice of eight rich flavors.



### WHAT'S NEW AT HANNAFORD

#### Smoothies®

**Apple Juice**  
Drink it all the year, able for a new way to juice offering for kids...it's our new **Apple Juice** and contains 40 percent less sugar than regular apple juice.



#### Taste of Inspiration®

##### Artisan Recipe

Put up something delicious for lunch. Try our new **Taste of Inspiration®** artisan wraps available in 3 delicious flavors including a few seasonal favorites.



#### Nature's Place® Bars

We've just added new **Nature's Place®** Organic cereals to our shelves with all kinds of flavors like **Vanilla Butter**, **Dark and Creamy**, and **Chocolate**. These cereals make a great quick and easy breakfast.

Not all products are available in all stores.



## liquid gold

water is essential for good health, but how much do we really need?

by Suzanne A. DiAngelo, MD, RD, LD, CDE



**WATER** is essential for health. Water is necessary for the smooth running

of all our body's organ systems, as well as to help regulate blood pressure, temperature, breathing, energy levels, and metabolism. Water also helps to cool our, transport and flush

out toxic waste in our cells. The Institute of Medicine (IOM) suggests that we get about 11 cups a day for women and about 13 cups a day for men—but that's from both liquid and food sources. Since the IOM notes less than food contributes about 20 percent about what needs that means women should aim for about 9 cups (and men should try to drink about 12.5 cups) of water per day. Of course, if you're in a hot and sweaty climate or exercise vigorously, drink more. (Rule of thumb: if you exercise hard for an hour, add another quart of water to your daily total.) I just remember this whenever you feel thirsty: you're already dehydrated, so it's a good idea of being proactive. Even mild dehydration can result in headaches, muscle cramps, and less ability to focus among other ailments.

**Water for weight loss**

Many studies link up drinking lots of water with healthy, down-the-scale weight. The above amount is for "lean" stomachs; capacity is approximately three cups. If one cup of your morning water is filled with water you may not feel. What about your body's own water efficiency when it's well hydrated? What I do

**GROUP TAKE IT**

Take advantage of International's free, bi-monthly nutrition advice brought by registered dietitians on a range of healthy living topics.

**March classes:**

**Week of 3/7/13** *Why You Live*

**Week of 3/10/13** *Coffee: Healthy and Healthy*

**Week of 3/17/13** *Eating in Pleasant Places*

**Week of 3/24/13** *Healthy Breakfast Solutions*

**Week of 3/31/13** *My Not Lost: Changing your mind*

**April classes:**

**Week of 4/7/13** *Power: How We Eat*

**Week of 4/14/13** *Healthy Labels for Diabetes: A Food Encyclopedia*

**Week of 4/21/13** *Money: Saving Tips in the Patient's Kitchen*

**Week of 4/28/13** *Lunch in a Church*

**Note:** Classes vary in location. Go to [www.internationaldiabetes.org](http://www.internationaldiabetes.org) Monthly Living classes nearest you.

happen often because most people say, "I don't drink for hunger and on when they're actually thirsty."

Remember, my water isn't just on coffee and afternoon tea. I encourage people to limit water, especially those with a chronic use per day while my guidelines for coffee is no more than two cups per day.

**Water, water everywhere**

Try not to overfill your water drinking habits before bed, by bedtime, you should have consumed at least half your daily water requirement. (You don't like the tea?) While water-enhancing products like Mio and Crystal Light are very popular and help hydrate individuals, most contain artificial sweeteners and should be limited. They and a

drop is the only way you can drink water. If all means sugar-free, just watch out for added calories, any drink that provides calories and extra sugar should be regarded as a treat.

Luckily, it's pretty easy to incorporate water into your diet through food. Fresh fruits and vegetables are great at adding water to our diets. An apple contains 50 percent water, an orange 80 percent, and an avocado 81 percent, while a tomato contains about 91 percent and broccoli 91 percent. For a good volume in less than three points of carbs from each day, and add a salad or some raw vegetables into your meals.

Suzanne A. DiAngelo, MD, RD, LD, CDE, is a Registered Dietitian in our Scarborough office. [www.internationaldiabetes.org](http://www.internationaldiabetes.org)



Watching your feet as you take each step prevents you from looking at the foliage, birds, and wildlife steps stream in its tracks.

trails of the East Coast. Look for more than 100 trails in the Catskills.

There are several other regional organizations that promote hiking and walking paths in the Appalachian Mountain Club ([amc.org](http://amc.org)) and WalkAmerica.org.

## happy trails

let warmer weather put a spring in your step

by Debra L. Deaton

**WHETHER YOU WANT** to make the kids like a walk or exercise one-on-one, challenge yourself on physically demanding terrain that results in more than just beauty you can find a path in the Mountains. "There's a trail for everybody," says Mark Fenton, director of the Appalachian Mountain Club's (AMC) Hiking and Walking Club. "We've completed some of the paths already."

walking, which can include anything from rugged routes to paved urban paths. Just lay up your boots for standard and go!

**It's missing and cost-free.** There's nothing like a walk in the mountains to make you feel better. Walk up your list as you take each step, putting a tick in the "to-do" list and adding more to the list. Even as when

like a walk, you can't find a path you can't find all routes especially if you have your cell phone at home.

One very accessible route is the East Coast Greenway (greenway.org), a 3,000-mile route that stretches from Maine to Florida. Many sections of the path are along scenic routes. The Pacific Trail Alliance ([pacifictrail.org](http://pacifictrail.org)) is a 25-mile

trail that runs from the coast to the coast. Compared with walking on pavement or asphalt, taking on more a gravel run or a dirt trail, there's more to it than just a path. Because your muscles have to work it harder to maintain your balance and coordination.

**It's fun for the whole family.** And for the whole family, there's no one like a baby carrier and walking is something kids of all ages can do. Pick a path, make sure you have a good map, and even better, make sure everyone wears their shoes.

### ASAP, THE PHARMACIST

It's international day to help keep it safe. [www.asap.org](http://www.asap.org)

As there is a lot of information to be had, it's important to know what to do. The American Society of Pharmacists (ASAP) is a national organization that provides information on the use of drugs. The organization is a non-profit organization that provides information on the use of drugs. The organization is a non-profit organization that provides information on the use of drugs.







## Is eating healthy cook the great egg debate

Still, with fiery bloggers, RD, LP



For decades, consumers have heard about messages about eating right. As a registered dietitian I find questions about eggs and health on a regular basis. Let it be said: I am an egg supporter — I recommend them often and daily.

### How are eggs spotted for quality?

Eggs are loaded with nutrients. They are also rich in nutrients including folate, vitamins B12 and omega-3 fatty acids. Eggs are a good source of protein and healthy fats.

Eggs are a good source of protein and healthy fats. They are also rich in nutrients including folate, vitamins B12 and omega-3 fatty acids. Eggs are a good source of protein and healthy fats.

Know that eggs are a great source of protein and healthy fats. They are also rich in nutrients including folate, vitamins B12 and omega-3 fatty acids. Eggs are a good source of protein and healthy fats.

Should I limit my egg intake? The American Heart Association recommends that those consuming a diet rich in eggs should limit their intake to one egg per day. However, the American Heart Association also states that eggs are a good source of protein and healthy fats. They are also rich in nutrients including folate, vitamins B12 and omega-3 fatty acids. Eggs are a good source of protein and healthy fats.



## egg-ceptional slicer

Check out the latest in egg slicers for eggs, sliced and served in many other styles, with this handy tool. Eggs are a great source of protein and healthy fats. They are also rich in nutrients including folate, vitamins B12 and omega-3 fatty acids. Eggs are a good source of protein and healthy fats.

of the other food that has been found to be good for you. Eggs are a good source of protein and healthy fats. They are also rich in nutrients including folate, vitamins B12 and omega-3 fatty acids. Eggs are a good source of protein and healthy fats.

### Does it matter if I buy whole or frozen?

EggProtein is a natural protein source. It is a good source of protein and healthy fats. They are also rich in nutrients including folate, vitamins B12 and omega-3 fatty acids. Eggs are a good source of protein and healthy fats.

### How long can eggs be stored?

Eggs are a good source of protein and healthy fats. They are also rich in nutrients including folate, vitamins B12 and omega-3 fatty acids. Eggs are a good source of protein and healthy fats.

## meet the produce superstars:

**ORZONES** — rich in fiber, vitamins A, C, and E, as well as iron and calcium. Orzones are a good source of protein and healthy fats. They are also rich in nutrients including folate, vitamins B12 and omega-3 fatty acids. Eggs are a good source of protein and healthy fats.





# easy easter make-ahead brunch

BY JAMES BOTTLE & COLLETT  
PHOTOGRAPHS BY HEATH ROBERTS











## CARAMEL-DRIZZLED CAKE WITH VANILLA STRAWBERRY COMPOTE

### SERVES 10

ACTIVE TIME: 100 MINUTES  
TOTAL TIME: 1 HOUR 30 MINUTES

Classic vanilla cake is half bakery heaven and half rule. Toss strawberry compote, add fragile flowers. May be frozen.

**Advance preparation** Cake and compote may be prepared in daylight. Cool completely then wrap just with plastic wrap and store at room temperature. Compote should be served separately if prepared, as an airtight container.

#### Cake

- 1 egg
- 2 egg whites
- 1½ cups unsweetened applesauce
- 1 cup instant (not Green) yogurt
- 1½ tsp vanilla extract
- 1 cup white whole wheat flour
- 1 cup all purpose flour
- 1 cup sugar
- 1 Tbsp. baking powder
- 6 TBSP salt

#### Topping

- 1 cup white whole wheat flour
- 1½ cups all purpose flour
- 1 cup light brown sugar packed
- 1 cup sugar
- 1 tsp salt
- 1 tsp ground cinnamon
- 1½ tsp vanilla extract
- ¾ cup (1½ sticks) unsalted butter, cubed
- 2 Tbsp. unsweetened sugar

#### Comments

- 1. Bake at 350°F. Sprinkle 1/4 cup (1/2 stick) unsalted butter, cubed, over the cake.
- 2. Top with sugar.
- 3. Use unsalted butter.
- 4. Top with salt.

- 1. Preheat oven to 350°F. Spray a 9 1/2-13-inch baking pan with vegetable cooking spray.
- 2. Prepare the cake in a large bowl. Whisk



#### KEYS TO QUICK PREPARATION

Speed up the amount of time it takes to prepare a meal by following these tips:

- 1. First, read through all the recipes. Prepare everything at the same time.
- 2. When it's time to cook, get out all the ingredients and use measuring tools. Measure and substitute cups and grams.
- 3. When preparing several dishes at once, consider the number of steps you need to make in the same pan. Consider the time it takes to cook each ingredient. Use what you need to cook all ingredients for the next recipe.

vegetable egg and egg whites. Add apple sauce, yogurt, and vanilla and whisk until smooth.

2. In a second large bowl, mix vegetable leaf flour, sugar, baking powder, and salt. Add the mixture to the egg mixture and mix until just combined. Do not overmix. Pour batter into the baking pan.

3. Prepare the topping in a large bowl using the dry ingredients. Combine leaf flour, brown and white sugars, salt, and cinnamon. Add vanilla extract and butter. Mix with a wooden spoon. Pour batter in a large bowl and evenly sprinkle the mixture evenly over the cake batter.

4. Bake until golden in color and a wooden skewer inserted into the center comes out clean after 30 minutes. Let cool on

a rack for at least 30 minutes before serving.

5. While cake bakes, prepare the compote. Combine the strawberries, sugar, vanilla, and orange juice in a large bowl and mix well. Let rest at room temperature.

6. Sprinkle cake evenly with unsweetened sugar. Serve warm or at room temperature. Cut into squares and top with generous amount of strawberry compote.

applesauce is a natural choice for this recipe. Use organic applesauce whenever possible. Use organic sugar and vanilla extract. Use organic butter, unsalted butter. ■

Open discussion works in recipe development for Huggie Cat and often worked in the company's open food safety culture.





*This versatile  
favorite will  
star in your  
springtime  
feasts*

# A CELEBRATION OF *eggs*

BY KADY QUINN PHOTOGRAPHS BY MARK PERE

*Symbol of renewal, fertility, and rebirth, eggs have long been associated with springtime holidays. Both Passover and Easter feature egg-related traditions.*

Passover begins with a special seder feast, which includes retelling the story of the Exodus from Egypt. The meal features a plate with various symbolic foods, including a roasted egg, and many families serve hard-boiled eggs as part of the meal. The eggs are there to celebrate springtime and renewal, and remind us that life is cyclical. Eggs are also a Passover culinary necessity — since flour is forbidden, they help hold together many baked goods, such as matzo balls and challah.

For Easter eggs have religious symbolism, as well as signaling spring, some rituals during the Middle Ages eggs were forbidden during Lent, the penitential season that precedes Easter. So having eggs on the holiday was a celebration in itself. Chocolate eggs are a more recent (but easy) tradition, dating to 18th century Europe. Confectioners started producing ornamental dark chocolate Easter eggs in 1875; the more popular milk chocolate version has been around since 1920. And milk-chocolate egg-shaped jelly beans have been a popular Easter treat since the 1930s.

Eggs are both nutritional and nutritious. Although in the past there have been warnings about cholesterol, recent studies indicate that consuming even several egg yolks on a weekly basis has not been found to increase the risk of heart disease. Eggs, in fact, have high nutritional value, making one a great source of protein. (Eggs come in all colors.) For more on the nutritional value of eggs, see "Ask the Healthy Cook" on page 121.

We enjoy eggs in all seasons, as they are beautifully versatile. Think omelets, soufflés, casseroles and salads. And they perform chemical feats as sweets, from custards and cakes to pies, casseroles, and ice cream. Celebrate spring with our quartet of recipes that demonstrate just how versatile and delicious eggs can be.

## SPRING SALMON AND CHIVE PRETZELS

SERVES 4

COOKING TIME: 30 MINUTES  
PREP TIME: 10 MINUTES

Salmon appears in the menus in two forms — smoked and fresh. Serve for breakfast with toast and honey-baked peaches, or for lunch or dinner with a green salad and crusty, crusty Matzozi Place® bread.

- eggs
- asparagus
- 1/2 cup fresh groundblack pepper



PHOTO: GUY LAWRENCE  
STYLING: TARA

1. Toss chopped fresh chives, dill, and 1 tbsp olive oil.
2. In fresh salmon, cut into 1-inch pieces.
3. In small skillet, heat oil to 350°F. Fry salmon in oil for 2 minutes.
4. Egg whipped in oil and cream cheese.
5. In a medium bowl, whisk egg and egg whites until frothy. Then, whisk in pepper and 2 Tbsp oil for cream.
6. Place in 8- or 9-inch overproof skillet over medium heat. (If you don't have a skillet that size, cook in two skillets.) Add oil and heat 1 minute. Add fresh salmon and chives, stirring, just until pepper on the surface, about 1 minute. (If you prefer, a not overproof spray or 8- or 9-inch

round pan with vegetable cooking spray and deep fryer salmon and spread evenly.)

• Remove from heat and add the egg mixture, making sure to stir down the sides evenly. Bake until eggs are puffed and golden along the edges, about 10 to 12 minutes. The eggs should not appear wet.

• Top chicken with pieces of crushed walnut and sprinkles of cream cheese. Sprinkle with remaining 1 Tbsp chives. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES FOR SERVING: 200 CALORIES, 12 CARBOHYDRATE, 20 PROTEIN, 10 FAT, 10 SODIUM, 10 FIBER, 10 SUGAR, 10 SALT, 10 VITAMIN C, 10 VITAMIN E, 10 VITAMIN K, 10 VITAMIN A, 10 VITAMIN B, 10 VITAMIN D, 10 VITAMIN F, 10 VITAMIN G, 10 VITAMIN H, 10 VITAMIN I, 10 VITAMIN J, 10 VITAMIN L, 10 VITAMIN M, 10 VITAMIN N, 10 VITAMIN O, 10 VITAMIN P, 10 VITAMIN Q, 10 VITAMIN R, 10 VITAMIN S, 10 VITAMIN T, 10 VITAMIN U, 10 VITAMIN V, 10 VITAMIN W, 10 VITAMIN X, 10 VITAMIN Y, 10 VITAMIN Z, 10 VITAMIN AA, 10 VITAMIN AB, 10 VITAMIN AC, 10 VITAMIN AD, 10 VITAMIN AE, 10 VITAMIN AF, 10 VITAMIN AG, 10 VITAMIN AH, 10 VITAMIN AI, 10 VITAMIN AJ, 10 VITAMIN AK, 10 VITAMIN AL, 10 VITAMIN AM, 10 VITAMIN AN, 10 VITAMIN AO, 10 VITAMIN AP, 10 VITAMIN AQ, 10 VITAMIN AR, 10 VITAMIN AS, 10 VITAMIN AT, 10 VITAMIN AU, 10 VITAMIN AV, 10 VITAMIN AW, 10 VITAMIN AX, 10 VITAMIN AY, 10 VITAMIN AZ, 10 VITAMIN BA, 10 VITAMIN BB, 10 VITAMIN BC, 10 VITAMIN BD, 10 VITAMIN BE, 10 VITAMIN BF, 10 VITAMIN BG, 10 VITAMIN BH, 10 VITAMIN BI, 10 VITAMIN BJ, 10 VITAMIN BK, 10 VITAMIN BL, 10 VITAMIN BM, 10 VITAMIN BN, 10 VITAMIN BO, 10 VITAMIN BP, 10 VITAMIN BQ, 10 VITAMIN BR, 10 VITAMIN BS, 10 VITAMIN BT, 10 VITAMIN BU, 10 VITAMIN BV, 10 VITAMIN BW, 10 VITAMIN BX, 10 VITAMIN BY, 10 VITAMIN BZ, 10 VITAMIN CA, 10 VITAMIN CB, 10 VITAMIN CC, 10 VITAMIN CD, 10 VITAMIN CE, 10 VITAMIN CF, 10 VITAMIN CG, 10 VITAMIN CH, 10 VITAMIN CI, 10 VITAMIN CJ, 10 VITAMIN CK, 10 VITAMIN CL, 10 VITAMIN CM, 10 VITAMIN CN, 10 VITAMIN CO, 10 VITAMIN CP, 10 VITAMIN CQ, 10 VITAMIN CR, 10 VITAMIN CS, 10 VITAMIN CT, 10 VITAMIN CU, 10 VITAMIN CV, 10 VITAMIN CW, 10 VITAMIN CX, 10 VITAMIN CY, 10 VITAMIN CZ, 10 VITAMIN DA, 10 VITAMIN DB, 10 VITAMIN DC, 10 VITAMIN DD, 10 VITAMIN DE, 10 VITAMIN DF, 10 VITAMIN DG, 10 VITAMIN DH, 10 VITAMIN DI, 10 VITAMIN DJ, 10 VITAMIN DK, 10 VITAMIN DL, 10 VITAMIN DM, 10 VITAMIN DN, 10 VITAMIN DO, 10 VITAMIN DP, 10 VITAMIN DQ, 10 VITAMIN DR, 10 VITAMIN DS, 10 VITAMIN DT, 10 VITAMIN DU, 10 VITAMIN DV, 10 VITAMIN DW, 10 VITAMIN DX, 10 VITAMIN DY, 10 VITAMIN DZ, 10 VITAMIN EA, 10 VITAMIN EB, 10 VITAMIN EC, 10 VITAMIN ED, 10 VITAMIN EE, 10 VITAMIN EF, 10 VITAMIN EG, 10 VITAMIN EH, 10 VITAMIN EI, 10 VITAMIN EJ, 10 VITAMIN EK, 10 VITAMIN EL, 10 VITAMIN EM, 10 VITAMIN EN, 10 VITAMIN EO, 10 VITAMIN EP, 10 VITAMIN EQ, 10 VITAMIN ER, 10 VITAMIN ES, 10 VITAMIN ET, 10 VITAMIN EU, 10 VITAMIN EV, 10 VITAMIN EW, 10 VITAMIN EX, 10 VITAMIN EY, 10 VITAMIN EZ, 10 VITAMIN FA, 10 VITAMIN FB, 10 VITAMIN FC, 10 VITAMIN FD, 10 VITAMIN FE, 10 VITAMIN FF, 10 VITAMIN FG, 10 VITAMIN FH, 10 VITAMIN FI, 10 VITAMIN FJ, 10 VITAMIN FK, 10 VITAMIN FL, 10 VITAMIN FM, 10 VITAMIN FN, 10 VITAMIN FO, 10 VITAMIN FP, 10 VITAMIN FQ, 10 VITAMIN FR, 10 VITAMIN FS, 10 VITAMIN FT, 10 VITAMIN FU, 10 VITAMIN FV, 10 VITAMIN FW, 10 VITAMIN FX, 10 VITAMIN FY, 10 VITAMIN FZ, 10 VITAMIN GA, 10 VITAMIN GB, 10 VITAMIN GC, 10 VITAMIN GD, 10 VITAMIN GE, 10 VITAMIN GF, 10 VITAMIN GG, 10 VITAMIN GH, 10 VITAMIN GI, 10 VITAMIN GJ, 10 VITAMIN GK, 10 VITAMIN GL, 10 VITAMIN GM, 10 VITAMIN GN, 10 VITAMIN GO, 10 VITAMIN GP, 10 VITAMIN GQ, 10 VITAMIN GR, 10 VITAMIN GS, 10 VITAMIN GT, 10 VITAMIN GU, 10 VITAMIN GV, 10 VITAMIN GW, 10 VITAMIN GX, 10 VITAMIN GY, 10 VITAMIN GZ, 10 VITAMIN HA, 10 VITAMIN HB, 10 VITAMIN HC, 10 VITAMIN HD, 10 VITAMIN HE, 10 VITAMIN HF, 10 VITAMIN HG, 10 VITAMIN HH, 10 VITAMIN HI, 10 VITAMIN HJ, 10 VITAMIN HK, 10 VITAMIN HL, 10 VITAMIN HM, 10 VITAMIN HN, 10 VITAMIN HO, 10 VITAMIN HP, 10 VITAMIN HQ, 10 VITAMIN HR, 10 VITAMIN HS, 10 VITAMIN HT, 10 VITAMIN HU, 10 VITAMIN HV, 10 VITAMIN HW, 10 VITAMIN HX, 10 VITAMIN HY, 10 VITAMIN HZ, 10 VITAMIN IA, 10 VITAMIN IB, 10 VITAMIN IC, 10 VITAMIN ID, 10 VITAMIN IE, 10 VITAMIN IF, 10 VITAMIN IG, 10 VITAMIN IH, 10 VITAMIN II, 10 VITAMIN IJ, 10 VITAMIN IK, 10 VITAMIN IL, 10 VITAMIN IM, 10 VITAMIN IN, 10 VITAMIN IO, 10 VITAMIN IP, 10 VITAMIN IQ, 10 VITAMIN IR, 10 VITAMIN IS, 10 VITAMIN IT, 10 VITAMIN IU, 10 VITAMIN IV, 10 VITAMIN IW, 10 VITAMIN IX, 10 VITAMIN IY, 10 VITAMIN IZ, 10 VITAMIN JA, 10 VITAMIN JB, 10 VITAMIN JC, 10 VITAMIN JD, 10 VITAMIN JE, 10 VITAMIN JF, 10 VITAMIN JG, 10 VITAMIN JH, 10 VITAMIN JI, 10 VITAMIN JJ, 10 VITAMIN JK, 10 VITAMIN JL, 10 VITAMIN JM, 10 VITAMIN JN, 10 VITAMIN JO, 10 VITAMIN JP, 10 VITAMIN JQ, 10 VITAMIN JR, 10 VITAMIN JS, 10 VITAMIN JT, 10 VITAMIN JU, 10 VITAMIN JV, 10 VITAMIN JW, 10 VITAMIN JX, 10 VITAMIN JY, 10 VITAMIN JZ, 10 VITAMIN KA, 10 VITAMIN KB, 10 VITAMIN KC, 10 VITAMIN KD, 10 VITAMIN KE, 10 VITAMIN KF, 10 VITAMIN KG, 10 VITAMIN KH, 10 VITAMIN KI, 10 VITAMIN KJ, 10 VITAMIN KK, 10 VITAMIN KL, 10 VITAMIN KM, 10 VITAMIN KN, 10 VITAMIN KO, 10 VITAMIN KP, 10 VITAMIN KQ, 10 VITAMIN KR, 10 VITAMIN KS, 10 VITAMIN KT, 10 VITAMIN KU, 10 VITAMIN KV, 10 VITAMIN KW, 10 VITAMIN KX, 10 VITAMIN KY, 10 VITAMIN KZ, 10 VITAMIN LA, 10 VITAMIN LB, 10 VITAMIN LC, 10 VITAMIN LD, 10 VITAMIN LE, 10 VITAMIN LF, 10 VITAMIN LG, 10 VITAMIN LH, 10 VITAMIN LI, 10 VITAMIN LJ, 10 VITAMIN LK, 10 VITAMIN LL, 10 VITAMIN LM, 10 VITAMIN LN, 10 VITAMIN LO, 10 VITAMIN LP, 10 VITAMIN LQ, 10 VITAMIN LR, 10 VITAMIN LS, 10 VITAMIN LT, 10 VITAMIN LU, 10 VITAMIN LV, 10 VITAMIN LW, 10 VITAMIN LX, 10 VITAMIN LY, 10 VITAMIN LZ, 10 VITAMIN MA, 10 VITAMIN MB, 10 VITAMIN MC, 10 VITAMIN MD, 10 VITAMIN ME, 10 VITAMIN MF, 10 VITAMIN MG, 10 VITAMIN MH, 10 VITAMIN MI, 10 VITAMIN MJ, 10 VITAMIN MK, 10 VITAMIN ML, 10 VITAMIN MM, 10 VITAMIN MN, 10 VITAMIN MO, 10 VITAMIN MP, 10 VITAMIN MQ, 10 VITAMIN MR, 10 VITAMIN MS, 10 VITAMIN MT, 10 VITAMIN MU, 10 VITAMIN MV, 10 VITAMIN MW, 10 VITAMIN MX, 10 VITAMIN MY, 10 VITAMIN MZ, 10 VITAMIN NA, 10 VITAMIN NB, 10 VITAMIN NC, 10 VITAMIN ND, 10 VITAMIN NE, 10 VITAMIN NF, 10 VITAMIN NG, 10 VITAMIN NH, 10 VITAMIN NI, 10 VITAMIN NJ, 10 VITAMIN NK, 10 VITAMIN NL, 10 VITAMIN NM, 10 VITAMIN NN, 10 VITAMIN NO, 10 VITAMIN NP, 10 VITAMIN NQ, 10 VITAMIN NR, 10 VITAMIN NS, 10 VITAMIN NT, 10 VITAMIN NU, 10 VITAMIN NV, 10 VITAMIN NW, 10 VITAMIN NX, 10 VITAMIN NY, 10 VITAMIN NZ, 10 VITAMIN OA, 10 VITAMIN OB, 10 VITAMIN OC, 10 VITAMIN OD, 10 VITAMIN OE, 10 VITAMIN OF, 10 VITAMIN OG, 10 VITAMIN OH, 10 VITAMIN OI, 10 VITAMIN OJ, 10 VITAMIN OK, 10 VITAMIN OL, 10 VITAMIN OM, 10 VITAMIN ON, 10 VITAMIN OO, 10 VITAMIN OP, 10 VITAMIN OQ, 10 VITAMIN OR, 10 VITAMIN OS, 10 VITAMIN OT, 10 VITAMIN OU, 10 VITAMIN OV, 10 VITAMIN OW, 10 VITAMIN OX, 10 VITAMIN OY, 10 VITAMIN OZ, 10 VITAMIN PA, 10 VITAMIN PB, 10 VITAMIN PC, 10 VITAMIN PD, 10 VITAMIN PE, 10 VITAMIN PF, 10 VITAMIN PG, 10 VITAMIN PH, 10 VITAMIN PI, 10 VITAMIN PJ, 10 VITAMIN PK, 10 VITAMIN PL, 10 VITAMIN PM, 10 VITAMIN PN, 10 VITAMIN PO, 10 VITAMIN PP, 10 VITAMIN PQ, 10 VITAMIN PR, 10 VITAMIN PS, 10 VITAMIN PT, 10 VITAMIN PU, 10 VITAMIN PV, 10 VITAMIN PW, 10 VITAMIN PX, 10 VITAMIN PY, 10 VITAMIN PZ, 10 VITAMIN QA, 10 VITAMIN QB, 10 VITAMIN QC, 10 VITAMIN QD, 10 VITAMIN QE, 10 VITAMIN QF, 10 VITAMIN QG, 10 VITAMIN QH, 10 VITAMIN QI, 10 VITAMIN QJ, 10 VITAMIN QK, 10 VITAMIN QL, 10 VITAMIN QM, 10 VITAMIN QN, 10 VITAMIN QO, 10 VITAMIN QP, 10 VITAMIN QQ, 10 VITAMIN QR, 10 VITAMIN QS, 10 VITAMIN QT, 10 VITAMIN QU, 10 VITAMIN QV, 10 VITAMIN QW, 10 VITAMIN QX, 10 VITAMIN QY, 10 VITAMIN QZ, 10 VITAMIN RA, 10 VITAMIN RB, 10 VITAMIN RC, 10 VITAMIN RD, 10 VITAMIN RE, 10 VITAMIN RF, 10 VITAMIN RG, 10 VITAMIN RH, 10 VITAMIN RI, 10 VITAMIN RJ, 10 VITAMIN RK, 10 VITAMIN RL, 10 VITAMIN RM, 10 VITAMIN RN, 10 VITAMIN RO, 10 VITAMIN RP, 10 VITAMIN RQ, 10 VITAMIN RR, 10 VITAMIN RS, 10 VITAMIN RT, 10 VITAMIN RU, 10 VITAMIN RV, 10 VITAMIN RW, 10 VITAMIN RX, 10 VITAMIN RY, 10 VITAMIN RZ, 10 VITAMIN SA, 10 VITAMIN SB, 10 VITAMIN SC, 10 VITAMIN SD, 10 VITAMIN SE, 10 VITAMIN SF, 10 VITAMIN SG, 10 VITAMIN SH, 10 VITAMIN SI, 10 VITAMIN SJ, 10 VITAMIN SK, 10 VITAMIN SL, 10 VITAMIN SM, 10 VITAMIN SN, 10 VITAMIN SO, 10 VITAMIN SP, 10 VITAMIN SQ, 10 VITAMIN SR, 10 VITAMIN SS, 10 VITAMIN ST, 10 VITAMIN SU, 10 VITAMIN SV, 10 VITAMIN SW, 10 VITAMIN SX, 10 VITAMIN SY, 10 VITAMIN SZ, 10 VITAMIN TA, 10 VITAMIN TB, 10 VITAMIN TC, 10 VITAMIN TD, 10 VITAMIN TE, 10 VITAMIN TF, 10 VITAMIN TG, 10 VITAMIN TH, 10 VITAMIN TI, 10 VITAMIN TJ, 10 VITAMIN TK, 10 VITAMIN TL, 10 VITAMIN TM, 10 VITAMIN TN, 10 VITAMIN TO, 10 VITAMIN TP, 10 VITAMIN TQ, 10 VITAMIN TR, 10 VITAMIN TS, 10 VITAMIN TT, 10 VITAMIN TU, 10 VITAMIN TV, 10 VITAMIN TW, 10 VITAMIN TX, 10 VITAMIN TY, 10 VITAMIN TZ, 10 VITAMIN UA, 10 VITAMIN UB, 10 VITAMIN UC, 10 VITAMIN UD, 10 VITAMIN UE, 10 VITAMIN UF, 10 VITAMIN UG, 10 VITAMIN UH, 10 VITAMIN UI, 10 VITAMIN UJ, 10 VITAMIN UK, 10 VITAMIN UL, 10 VITAMIN UM, 10 VITAMIN UN, 10 VITAMIN UO, 10 VITAMIN UP, 10 VITAMIN UQ, 10 VITAMIN UR, 10 VITAMIN US, 10 VITAMIN UT, 10 VITAMIN UY, 10 VITAMIN UZ, 10 VITAMIN VA, 10 VITAMIN VB, 10 VITAMIN VC, 10 VITAMIN VD, 10 VITAMIN VE, 10 VITAMIN VF, 10 VITAMIN VG, 10 VITAMIN VH, 10 VITAMIN VI, 10 VITAMIN VJ, 10 VITAMIN VK, 10 VITAMIN VL, 10 VITAMIN VM, 10 VITAMIN VN, 10 VITAMIN VO, 10 VITAMIN VP, 10 VITAMIN VQ, 10 VITAMIN VR, 10 VITAMIN VS, 10 VITAMIN VT, 10 VITAMIN VU, 10 VITAMIN VV, 10 VITAMIN VW, 10 VITAMIN VX, 10 VITAMIN VY, 10 VITAMIN VZ, 10 VITAMIN WA, 10 VITAMIN WB, 10 VITAMIN WC, 10 VITAMIN WD, 10 VITAMIN WE, 10 VITAMIN WF, 10 VITAMIN WG, 10 VITAMIN WH, 10 VITAMIN WI, 10 VITAMIN WJ, 10 VITAMIN WK, 10 VITAMIN WL, 10 VITAMIN WM, 10 VITAMIN WN, 10 VITAMIN WO, 10 VITAMIN WP, 10 VITAMIN WQ, 10 VITAMIN WR, 10 VITAMIN WS, 10 VITAMIN WT, 10 VITAMIN WU, 10 VITAMIN WV, 10 VITAMIN WW, 10 VITAMIN WX, 10 VITAMIN WY, 10 VITAMIN WZ, 10 VITAMIN XA, 10 VITAMIN XB, 10 VITAMIN XC, 10 VITAMIN XD, 10 VITAMIN XE, 10 VITAMIN XF, 10 VITAMIN XG, 10 VITAMIN XH, 10 VITAMIN XI, 10 VITAMIN XJ, 10 VITAMIN XK, 10 VITAMIN XL, 10 VITAMIN XM, 10 VITAMIN XN, 10 VITAMIN XO, 10 VITAMIN XP, 10 VITAMIN XQ, 10 VITAMIN XR, 10 VITAMIN XS, 10 VITAMIN XT, 10 VITAMIN XU, 10 VITAMIN XV, 10 VITAMIN XW, 10 VITAMIN XX, 10 VITAMIN XY, 10 VITAMIN XZ, 10 VITAMIN YA, 10 VITAMIN YB, 10 VITAMIN YC, 10 VITAMIN YD, 10 VITAMIN YE, 10 VITAMIN YF, 10 VITAMIN YG, 10 VITAMIN YH, 10 VITAMIN YI, 10 VITAMIN YJ, 10 VITAMIN YK, 10 VITAMIN 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1. [www.4mat.com](http://www.4mat.com)  
2. [www.4mat.com](http://www.4mat.com)

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**ACTIVITY:** \_\_\_\_\_

**TIME:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_

Because there is no limit on the number of structures any clinic (hospitals, private) is able to use, unlicensed individuals cannot follow licensing/brokerage rules for sale — say, shared sale, or commission. Hence may be subject and may be denied.

**Open and locality**

**Caution:** Before starting a repair project of this kind, always be sure to disconnect the battery and always ground the chassis, always use the correct electrical wiring and connectors in accordance with the best in standard practice.

- [illegible]

1. purchase paper. Photo mounts are just one and just fine. Cover paper and stuff for 30 minutes.
2. Another area is MPT. Love how being sheets with purchase paper.
3. Use a knife to gently score the clotted single line 10 places (8 by 4 mm). Use a response to strip each piece and place on the page about 1 inch apart.
4. Make sure measurements are a pale gold about 16 to 22 inches. Lay out on page 3 minutes. Then transfer to a working table, and read to some inspiration. When measurements are cool, return to purchase, hand being done.
5. Add structure on a double layer on microwave. See you in research. Good.

Chowchow uses a zip-close bag and strips over turned, about 1/4 of an inch. Gently squeeze the bag and divide chowchow over meatballs in a decorative pattern. Let cool to room temperature, until, about 2 hours.

 Serve immediately or store at room temperature in a single layer, or freeze.

APPROXIMATE "NATURAL" VALUES FOR SOME OF THE FOLLOWING CHARACTERISTICS OF PEOPLE IN THE PAST 10 YEARS OF RESEARCH: (SEE DISCUSSION FOR EXPLANATIONS OF SOME OF THESE VALUES.)

Keilley: Claim to ownership of 14 paintings by  
Grove & Morgan from a private collection



a vegan feast for

# earth DAY

Our plant-forward menu is a delicious way to go green.

BY MARISSA LUTSEN — PHOTOGRAPHS BY ADRIAN + ADRIAN

In the heart of a major wine and avocado region of California, Santa Barbara's beloved Mission San Marcos Adobe, 1900, has Earth Day, April 20, 2014 on its calendar. Celebrated this year, the occasion made possible around the county values of the many ways individuals can contribute to a healthier planet.





Each day would celebrate on day 22 and today more than 100 countries around the world mark the event. What started as a small movement has become a year around whole school/university plant saplings, cutting students design anything programs for their campuses and the University has a monthly very inspiring conference.

One of the simplest ways you can get on the spot this year is to eat a vegetable. Since producing plant based foods requires less energy and uses fewer pesticides, goes into producing animal based foods eating plant based foods is a great way to leave your impact on the planet. Just sometimes eating veggie requires a second look at your favorite ingredients. Two of our veggie/Burley "Hacks" Potatoes and Herb-Soaked Potatoes! Mushroomed potatoes were which may or may not be veggie.

How to veggie through? If using flavorful seasonal ingredients and easy cooking techniques, you can easily enjoy a meal full of animal products that can help you to eat healthily.

**BURLEY "VEGETABLE" POTATOES**  
SERVES 4  
ACTIVE TIME: 1 HOUR  
TOTAL TIME: 1 HOUR

This roasted side-on potato gets a boost of flavor with fresh spring veggies and barley instead of white potato rice.

1. Prep, olive oil, salt, herbs
2. Preheat oven, preheat oil, salt
3. Cut 1/2 inch or thicker potato pieces
4. Pre heat oven to 400°F
5. In large bowl, mix potato pieces, olive oil, salt, herbs, and onion. Toss well.
6. Spread potato pieces on a large sheet of parchment paper.
7. Bake in oven for 45 minutes, until golden brown.
8. Add barley, spring veggies, and onion. Toss well.
9. Bake in oven for 15 minutes, until golden brown.
10. Top with fresh herbs and olive oil.

Notes: 1. Top of the potato a large pot. Add onion and onion until just beginning to

soften about 5 to 7 minutes. Add potato and top of the potato and onion until just beginning to soften about 5 to 7 minutes. Transfer vegetables to a bowl and set aside.

2. In a medium saucepan, bring 2½ cups of the barley to a simmer over medium-high heat. Reduce heat to medium-low and simmer for 15 minutes.

3. Heat remaining 1 cup oil in the large pot used for the vegetables over medium heat. Add onion and remaining ½ cup oil and cook until soft, about 5 to 7 minutes. Add barley and cook, stirring frequently until fragrant, 1 to 2 minutes. Reduce heat to medium-low and add water to the barley. Cook, stirring frequently until all the water is absorbed.

4. Bake for 15 minutes in the oven and bring to a boil. Add to the barley and stir well. Let sit

for 10 minutes. Add water and cook until barley is just barely tender and liquid is absorbed, about 10 to 12 minutes.

5. Add remaining onion and potato to the barley along with spinach, tomato, and onion, stirring to combine. Cook 2 to 3 minutes until spinach is just wilted and potato and tomato are warmed through. If mixture becomes dry, add additional broth, a few tablespoons at a time, first at 2 times of the others. Transfer barley to a serving bowl and garnish with the remaining 1 cup olive oil, fresh herbs.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
200 CALORIES • 10g CARBOHYDRATE • 10g FIBER • 10g PROTEIN • 10g FAT • 10g SUGAR • 10g SODIUM • 10g CALCIUM • 10g IRON

#### 1. PREPARE THE POTATOES AND BARLEY

Preheat oven to 400°F. Preheat oil, salt, herbs, and onion. Cut 1/2 inch or thicker potato pieces. Preheat oven to 400°F. In large bowl, mix potato pieces, olive oil, salt, herbs, and onion. Toss well. Spread potato pieces on a large sheet of parchment paper. Bake in oven for 45 minutes, until golden brown.

Heat remaining 1 cup oil in the large pot used for the vegetables over medium heat. Add onion and remaining ½ cup oil and cook until soft, about 5 to 7 minutes. Add barley and cook, stirring frequently until fragrant, 1 to 2 minutes. Reduce heat to medium-low and add water to the barley. Cook, stirring frequently until all the water is absorbed.

#### Ingredients

- 1. 2 medium white potatoes, cut into 1/2 inch cubes
- 2. 1/2 cup olive oil
- 3. 1/2 cup salt
- 4. 1/2 cup herbs
- 5. 1/2 cup onion
- 6. 1/2 cup barley
- 7. 1/2 cup spinach
- 8. 1/2 cup tomato
- 9. 1/2 cup onion
- 10. 1/2 cup olive oil

#### Notes

- 1. Preheat oven to 400°F. Preheat oil, salt, herbs, and onion.
- 2. Cut 1/2 inch or thicker potato pieces.
- 3. Preheat oven to 400°F. In large bowl, mix potato pieces, olive oil, salt, herbs, and onion. Toss well.



# HERB-STUFFED PORTABELLA MUSHROOMS

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 50 MINUTES

For those who are used to beef in a skillet at the center of their plate, the very possibility mushrooms offer a satisfying, meaty texture and flavor. With their mild earthy richness in the flesh, mushrooms filling, while others offer a silky base. Mushrooms will keep for 2 days refrigerated in an airtight container. Recipe may be halved.

1. 1 cup oil
2. 1 cup red wine (such as merlot or pinot)
3. 1 cup red paprika with onion
4. 1/2 cup olive oil
5. 1 medium onion (minced)
6. 1/2 cup garlic (minced), 1/2 cup red onion (minced) and 1/2 cup chopped
7. 1/2 cup butter or white mushrooms (minced)
8. 1/2 cup olive oil, minced
9. 1/2 cup salt
10. 1/2 cup, 1/2 cup olive
11. 1/2 cup olive oil (minced) (minced)
12. 1/2 cup olive oil (minced) (minced)
13. 1/2 cup olive oil (minced) (minced)
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20. 1/2 cup olive oil (minced) (minced)

1. Preheat oven to 375°F (use a baking sheet with parchment paper)
2. In a medium saucepan combine water and wine and bring to a boil over high heat. Add herbs and cook uncovered until herbs are tender and liquid is absorbed (about 15 minutes). Remove from heat and set aside.
3. While herbs cook, heat oil over high medium-high heat in a large skillet. Add onion and cook until softened (about 5 minutes). Add chopped portabella stems and baby bella or white mushrooms (about 1/2 cup) and cook until mushrooms begin to give off their juices (about 5 minutes). Then stir in tomato paste. Continue cooking until

- most of the liquid has evaporated. Add mixture to the cooked herbs and stir to combine.
4. Add parsley (minced), olive oil and chopped red onion (minced).
5. Using both sides of the portabella caps with olive oil cooking spray. Place caps upside down on the baking sheet. Fill each mushroom with an equal portion of the herb filling. Place a whole ball of butter

- on top of each, then spray caps with cooking spray. Bake until mushrooms are cooked through and soft (about 25 to 30 minutes). If desired, garnish each with a sprig of spring herbs.
- APPROXIMATE NUTRITIONAL VALUES FOR SERVING: 200 CALORIES, 100 CARBON HYDRATES, 100 FIBER IN 100 GRS. FOR MORE INFORMATION, VISIT US AT: [www.paradise-restaurant.com](http://www.paradise-restaurant.com), 1-800-444-4444





## A close-up photograph of three white ceramic bowls filled with a thick, dark brown chocolate soup. Each bowl is garnished with a swirl of white cream and a small amount of finely grated orange zest. In the background, a green ceramic teapot sits on a matching green saucer. The scene is set on a light-colored surface, possibly a tablecloth.

... (text continues) ...

**Table 1**

\*\*\*\*\*

[illegible]

**Glenn, Diane, and Anne:** which is typically is very (or fairly) cut from off leaves or separate the substituting pointed tails or a little while a narrow triangle to this body almost. Very the flowers, young rain almost-protect in white in place of sunlit and once the average eye. Anne will keep reorganized by up to 1 day. Most for time

- 1. Oil and plug other holes
  - 2. Plug other holes (once)
  - 3. Tap bottom vent
  - 4. Tap ground connection
  - 5. Tap (drill) venting hole (also ventless for optional use)
  - 6. All connections checked, firing started!
3. Place both syring inside and underneath the lead processor and process until smooth. Fold in top syringe last.
4. Place alcoholator at a distance into lower Mainframe 1 minute and stir. If not fully melted, microwave another 30 to 40 seconds starting and smooth and melted. Absolutely melt in the top of a double boiler.
5. Add melted Alcohol to top on the lead processor. Process until completely smooth (using a spoon or scrap down the sides of the lead processor bowl) 1 to 2 minutes.
6. Divide mixture among 6-dram bowls on machines. Cover and refrigerate for at least 1 hour before serving. Garnish with orange juice if desired.

APPROXIMATELY 100,000 PEOPLE VISITED THE NATIONAL THEATRE AND ORCHESTRA, BY FAR THE MOST OF ANY CULTURAL ORGANIZATION IN THE COUNTRY IN 2002. **■**

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James F. Jones

# Eating the Rainbow

Sample a spectrum of fruits and vegetables for better health

BY MATTHEW RASCH, MS, RD PHOTOGRAPHS BY MARI TERESA

**A**s children are being taught to eat vegetables, the new food awareness and nutritionists agree it is just as important to enjoy our dietary palette with blues, yellows, oranges, and purples, too.

The specific results aren't clear, but deep — many of the studies to place color from phytochemicals. These compounds play key roles in good health by acting as antioxidants, which mean the body looking to levels are harmful free radicals. Animal diets demonstrate risk for a number of conditions, including heart disease and cancer.

Dark color offers the body different phytochemicals — and different benefits. For example, the anthocyanins that give blueberries, blackberries, and red cabbage their dark tint may improve brain functioning. Carrots, butternut squash, bell peppers, and sweet potatoes provide a payload of beta carotene to create yellow pigment that can reduce anxiety and lower blood pressure in animals that feed diets that suppress cancer cells and appear to offer some cancer protection. Vegetables and fruits in past studies also provide lutein, a specific antioxidant shown to reduce eye health.

In the most solid on your plate the better. Researchers at Colorado State University discovered that eating combinations of many different phytochemicals from a wide variety of produce was more effective at limiting cell movement during in the body than larger amounts of fewer phytochemicals. Published in 2011 study published in the

Journal of Nutrition Care found that study subjects who consumed a wide variety of fruits and vegetables reduced their risk for type 2 diabetes by up to 11 percent compared to those who had little variety in their produce consumption habits.

When you're increasing the produce portion, think of all these delicious colors on display as one way that Mother Nature is looking out for our well-being.

STEPHAN LEE FOR THE NEW YORK TIMES  
© 2013 THE NEW YORK TIMES  
TOTAL: 1,000, 1,000, 1,000

The most beautiful and most colorful colors are a pale, glowing combination. The color is the combination of the color of the color. The key is not to know that is only slightly with white, and it is not a color. It won't hold up well in the color.



## ON THE BRIGHT SIDE

Research shows that eating a variety of fruits and vegetables can reduce the risk of heart disease, cancer, and other chronic diseases.

- Eating a diet rich in fruits and vegetables can help reduce the risk of heart disease, cancer, and other chronic diseases.
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STEAM TUBES WITH  
RED CHAMBER BLANK #

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The combination of quickly raised feed rations plus a steady supply of water and energy means that the animals will produce more milk than the sum of its parts.

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**Abstract**—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 12-week training program consisting of three sessions per week of aerobic and resistance exercise. The CON group did not exercise. The EX group showed a significant decrease in HR and a significant increase in EE compared to the CON group. The EX group also showed a significant increase in the number of steps taken per day. The EX group showed a significant increase in the number of steps taken per day. The EX group showed a significant increase in the number of steps taken per day.

1. **What is the purpose of the study?**  
 2. **What are the research objectives?**  
 3. **What is the research methodology?**  
 4. **What are the results of the study?**  
 5. **What are the conclusions of the study?**  
 6. **What are the implications of the study?**  
 7. **What are the limitations of the study?**  
 8. **What are the future research directions?**  
 9. **What are the references of the study?**  
 10. **What are the appendices of the study?**

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- [illegible]

- 1 In a large bowl, mix together raisins, corn, apple, and walnuts. In a small bowl, whisk together sugar, vinegar, and 3 Tbsp. of the oil. Add vinegar mixture to raisins; mix well and cover. Let stand.

- Slice steak into very thin strips. Heat remaining 3 cups oil in a large nonstick skillet on medium-high heat. Add meat and cook until browned on the outside but still slightly pink inside about 3 minutes. Season with salt and pepper.
- While steak cooks in a nonstick bowl mix together yogurt, olive powder, and lemon juice. Stir and add more olive powder if desired. Wrap chicken in a paper towel and season for 10 to 20 seconds in the microwave.
- Place 1 tablespoon of each of 4 piters. Divide meat among piters and top with slinging oil. Garnish with a parsley sprig, if desired and serve. *Recipe by a friend, another cook.*

APPROXIMATE 10-15 MINUTES, VARIOUS FOR STUDENTS  
 THE CHAIRMAN - MR. LAMBERTSON: THE HOUSE  
 SPEAKER AND MEMBERS PRESENTLY HEREIN,  
 MY NAME BEING REQUESTED.





# SPICY SPRING POTAGE SOUP WITH PEAS AND CELERY

ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 1 HOUR 5 MINUTES

This soup is dressed for the season thanks to the orange of the roasted carrots, rich in beta-carotene. The addition of peas offers fragrant sweetness, while toppling the soup with eggplant, pickled onions and potatoes is a real contrast. Recipe may be halved and may be frozen.

- 10 pounds carrots, peeled and sliced into 1/2-inch pieces
- 2 Tbsp. olive oil, 2 cups
- 3 heads white and light green peeks (about 1000)
- 2 celery ribs, finely sliced
- 1 clove garlic, finely sliced
- 2 jars (about 16 ounces each) tomato
- 4 lbs. minced fresh onion
- 1/2 tsp. ground cumin
- 1 tsp. instant onion
- 1/2 tsp. salt and 1/2 tsp. pepper
- 1/2 tsp. finely ground black pepper
- 1 egg white
- 1 cup dry white wine (optional Chardonnay)
- 2 Tbsp. unsalted butter (optional)
- 2 Tbsp. extra-virgin olive oil (optional)

1. Preheat oven to 350°F. Spray a roasting pan with olive vegetable cooking spray.

## PROVING™ FRUIT SALAD

Made in Provance, France, this salad is a real treat for the palate.

- 1/2 cup olive oil (optional)
- 1/2 cup balsamic vinegar (optional)
- 1/2 cup honey (optional)
- 1/2 cup lemon juice (optional)
- 1/2 cup orange juice (optional)
- 1/2 cup pineapple juice (optional)
- 1/2 cup apple juice (optional)



Place carrots in pan and cook with 2 Tbsp. of olive oil (1/2 cup) for 1 hour. Add onion and celery (about 2 1/2 cups) and cook for 1 hour. While carrots cook, heat remaining 1 cup of oil in a large sauté pan over medium heat. Add onion and celery (about 1 cup) and cook for 1 hour. Add onion and garlic (about 1/2 cup) and cook for 1 hour. Add peas (about 1/2 cup) and cook for 1 hour. Add tomato (about 1/2 cup) and cook for 1 hour. Add egg white (about 1/2 cup) and cook for 1 hour. Add wine (about 1/2 cup) and cook for 1 hour. Cook over low heat until the carrots are done cooking.

4. Add roasted carrots and bring to a boil over high heat. Reduce heat to maintain a simmer (about 1/2 cup) and cook for 1 hour. Add onion and celery (about 1/2 cup) and cook for 1 hour. Add tomato (about 1/2 cup) and cook for 1 hour. Add egg white (about 1/2 cup) and cook for 1 hour. Add wine (about 1/2 cup) and cook for 1 hour. Cook over low heat until the carrots are done cooking.



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(IDNA) IN COOPERATION.

# Rotisserie Transformations

Get creative with tender, precooked chicken

BY MARISA SALAMOFF GREEN *Illustration by Sarah Weinman*

On its menu, restaurant chef cooking proteins centers a roasting chicken. And when you have no time to cook, this delicious, chicken makes a convenient, handy prepping dinner. Add a crisp salad and creamy sides, and you have a complete and delicious meal. But these ready-to-eat chickens — just as good — also make a great base for a speedy, flavorful dinner with a little more creativity.

One restaurant chicken can yield three, three cups of shredded rotisserie meat, at which point you combine with a variety of whole grains, beans, rice, vegetables, etc. Fiber-rich bulgur, for example, soaks up its base for Chicken Quinoa Salad with Mango and Green Chiles. Marinated Chicken Bars with Agave is paired with white beans, tomatoes, and balsamic. Chicken for Fry with Bread Noodles goes better with: Our Colored Quinoa Chicken Fried "rice" bowl, from restaurant chef Lisa Green.

By our restaurant food editors, and they may inspire you to create your own restaurant — easy enough for a weeknight, but elegant enough for company.

## CHICKEN QUINOA SALAD WITH MANGO AND SOFT CHEESE

SERVES 4

ROTISSERIE CHICKEN, 20 MINUTES

1/2 cup milk, 30 MINUTES

Sweet mango and prepared white cream cheese pair with your chicken to this quinoa salad. Serve as a salad with a salad or our two small attempts at an appetizer. Recipe may be baked with may for lovers.

1. Preheat oven to 375°F.

2. Cut 1/2 cup of rotisserie chicken into 1/2-inch cubes.

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with soft cheese. 1. They go to the store and find every side of each bottle over the filling. They go to the store.

2. They go to the store and find every side of each bottle over the filling. They go to the store.

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4. They go to the store and find every side of each bottle over the filling. They go to the store.

APPROXIMATE NUTRITIONAL VALUES FOR SERVING  
400 CALORIES, 100 CARBOHYDRATES, 100 PROTEIN  
100% FAT, 100% CARBOHYDRATES, 100% PROTEIN  
100% FAT, 100% CARBOHYDRATES, 100% PROTEIN





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**Liquor Store Cakes** enjoy this party just as much as you. **enjoy this party just as much as you**

1. What does it cost to own a car? (Costs: Cash, credit, lease)
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**2.** In a square bowl, whisk together all vinegar, mustard, honey, pepper and salt thoroughly. Combine in a jar with night thyme, basil and dill; seal. Refrigerate. Flip bowl and use well until evenly coated. Cover and refrigerate for at least 4 hours. Allow salad to come to room temperature for 30 minutes before serving. You will find this delicious 4 times.

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“There’s a huge cultural difference about how teenagers deal with their parents’ wealth with college in mind,” says Kagan. He is director, chief of staff and co-director of National Academic Advising Center, *Academic Advising* is a leading authority on college planning and what goes on inside those elite prep schools. Kagan says the primary focus is on how to get into the right college, while National Academic Advising will do things more around financial aid, financial aid requirements, and various other articles and research.





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# Have questions about allergies?

Hannaford's team of wellness professionals are here for you.

## Your Hannaford registered dietitian is here to help.

What can I eat or avoid to help manage my seasonal allergies?

What is the difference between a "hypoallergenic" and an "allergen-free"?

I don't know if my toddler has any food allergies. How can I safely introduce new foods to her diet?

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## Your Hannaford pharmacist is here to help.

Are my medication options over?

How often/long which over-the-counter allergy medication is right for me?

Should I avoid any foods or other food options while taking my allergy medication?

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